What is claimed is:

1. A storage unit, comprising:

a first tracking device, wherein the tracking device monitors the presence of an item associated with the storage unit and monitors the temperature of the item; and

a processing device electrically linked to the first tracking device that communicates with the tracking device.

- 2. The storage unit of claim 1, further comprising a data storage device that is electrically linked to the processing device.
- 3. The storage unit of claim 2, wherein the data storage device stores write data.
- 4. The storage unit of claim 3, wherein the processing device writes the write data to the first tracking device.
- 5. The storage unit of claim 1, further comprising a data storage device that is electrically linked to the first tracking device.
- 6. The storage unit of claim 1, wherein the processing device at reads data from the first tracking device and generates read data.
- 7. The storage unit of claim 6, further comprising a data storage device, wherein the read data is stored in the data storage device.
- 8. The storage unit of claim 1, wherein the first tracking device is a tracking device socket that is electrically compatible with a second tracking

device that is associated with the item.

- 9. The storage unit of claim 1, wherein the storage unit is a refrigerator.
- 10. The storage unit of claim 1, wherein the storage unit is an incubator.
- 11. The storage unit of claim 1, wherein the storage unit is a blood storage unit.
- 12. The storage unit of claim 1, wherein the tracking device is an iButton.
- 13. The storage unit according to claim 1, further comprising:

 an access control system, wherein the access control system is
 connected to the processing device.
- 14. The storage unit according to claim 13, wherein the access control system is a badge identification system and grants access to the storage unit to authorized users.
- 15. The storage unit according to claim 13, wherein the access control system is a bioinformatics system.
- 16. The storage unit according to claim 15, wherein the bioinformatics system is a retinal scanning system.
- 17. The storage unit according to claim 13, wherein the access control system maintains a log within the access control system of individuals

who access the storage unit.

- 18. The storage unit according to claim 13, wherein the access control system communicates information to the processing device about an individual who has accessed the storage unit.
- 19. The storage unit according to claim 18, wherein the information communicated to the processing device about the individual is at least one of identification information and time of access information.
- 20. The storage unit according to claim 1, wherein the tracking device generates temperature information from taking the temperature of the item.
- 21. The storage unit according to claim 20, wherein the tracking device stores the temperature information.
- 22. The storage unit according to claim 1, further comprising:

 a plurality of tracking devices associated with a plurality of items in the storage unit.
- 22. The storage unit according to claim 1, further comprising:

 an external processing device connected to the processing

 device, wherein the information can be accessed from the external processing

 device by a user of the external processing device.
- 23. The storage unit according to claim 22, wherein the external processing device is a part of an external network.

24. A method for generating a log of temperature information for an item in a storage unit, comprising:

storing the item;

tracking the presence of the item;

taking the temperature of the item; and

maintaining information generated from tracking the presence of the item and taking the temperature of the item.

- 25. The method according to claim 24, further comprising:

 determining whether an individual is an authorized user; and
 granting access to the storage unit if the individual is an
 authorized user.
 - 26. The method according to claim 25, further comprising: recording information about the authorized user.
- 27. The method according to claim 25, further comprising:

 recording the time the authorized user was permitted access to the storage unit.
 - 28. The method according to claim 25, further comprising: recording the time the authorized user exited the storage unit.
- 29. The method according to claim 24, wherein the taking of the temperature of the item is performed and recorded at discrete intervals of time.
 - 30. A storage unit, comprising:

means for storing an item;

means for taking the temperature of the item;

means for tracking the presence of an item; and

means for maintaining information generated from tracking the

presence of the item and taking the temperature of the item.

- 31. The storage unit of claim 30, wherein the storing means is a storage unit.
- 32. The storage unit of claim 30, wherein the temperature taking means and the tracking means is a tracking device.
- 33. The storage unit of claim 30, wherein the maintaining means is a processing device.
- 34. The storage unit of claim 33, wherein the processing device is a microcontroller.
- 35. The storage unit according to claim 30, further comprising: means for accessing tracking information generated by the tracking means.
- 36. The storage unit according to claim 27, wherein the accessing means is an access control system.